Learning from 1000 Lives Plus
Reducing inappropriate use of anti-psychotics in dementia care within care homes

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Antipsychotic prescribing in dementia

- Issues
- 1000 Lives plus initiative
- Overview and Learning
Over 90% of people with dementia experience challenging behaviour

A complex interaction between the illness, the environment, physical health, medication and interaction between other people.
Issues

- Challenging behaviours are usually a way of communicating unmet need

- Antipsychotics are overprescribed for the treatment of such behaviour

- Too often used first –line, ahead of non-drug interventions

- Limited positive effect, cause significant harm, particularly in long-term use

- Once started, people often stay on medication almost indefinitely
The Banerjee report, 2009

- Independent clinical report commissioned by DOH
- Prescribing of antipsychotics could be reduced by up to two-thirds over a 36 month period
- Long list of recommendations made to improve services; all were accepted by the Government
1000 lives Plus Improving Dementia Care

‘To improve quality of life and care for people with dementia and their care givers’

1. To improve memory assessment services
2. To improve care on general hospital wards
3. To improve community care (including in care homes)
4. To increase support for care givers
5. To improve quality of care in NHS dementia in-patient units
1000 Lives Plus

- Dem 3/Medicines management mini-collaborative
- Reduce inappropriate antipsychotic prescribing for dementia patients
- Initially focuses on care home residents
- To be extended to all healthcare settings.
**Aim**

Reduce inappropriate antipsychotic prescribing for controlling behaviour in dementia

**Drivers**

- Appropriate initiation and ongoing prescribing of antipsychotics in dementia care
- Record keeping/Review (At least 3 monthly)

**Suggested Interventions**

- NICE-SCIE Dementia Guidelines 2006
- Alzheimer’s Society Good Practice Guidelines ‘Optimising Treatment and Care’
- Policies, education and prompts

- Record of indication for antipsychotic use
- Record risk/benefit assessment
- Record efficacy including changes in symptoms and behaviour
- Record side-effects
- Record rationale for continuing, changing or stopping medication
Aim
Reduce inappropriate antipsychotic prescribing for controlling behaviour in dementia

Drivers
Education for medical/nursing/care home staff
Provide person-centred care
Involve patient/carer
Improve communication

Suggested Interventions
• Educate on risks/benefits, evidence-based Guidelines and alternative strategies for managing challenging behaviour
• Alternatives to antipsychotic medication considered – medical review, medication review, clinical review, person-centred assessment, alternative therapies, social interaction, meaningful activities
  • Patient/carer involvement at initiation
  • Full discussion of benefit vs risks
  • If patient lacks capacity follow ‘best interests’ approach
• Develop care plan
• Ensure ongoing sharing of good quality information between all healthcare settings
1000 Lives Plus Overview

- Wales-wide Initiative
- First Collaborative learning event, October 2011
- Encourages shared learning
- Highlights common issues
Factors influencing positive change

- A multidisciplinary team approach
- Defined responsibilities
- Giving care homes a voice
- Improved communication and transfer of information between healthcare settings
- Improved dementia training
- Raised awareness and understanding of alternative approaches to managing behaviour that challenges, based on non-pharmacological treatment
- Holistic, person-centred care
Thank you for listening.

Any questions?

Enjoy the rest of the day!